



*Cover Girl*

Finding your inner  
beauty



## 2009 WOMEN'S SPRING RETREAT

**MARCH 27-28, 2009**

**CALL TODAY!**

**799-7159 EXT. 26**



- \*Yoga
- \*Nature Walks
- \*Inspirational words
- \*Canoeing
- \*Pilates
- \*Boot Camp
- \*Ropes Course
- \*& MUCH MORE!

**Take some time out to find your inner beauty!  
The Palmetto Center for Women and the YMCA  
of Columbia will be hosting it's first annual  
Women's Spring Retreat. Come and build your  
physical, mental and spiritual well being and  
realize that we are all cover girls.**

[WWW.pcwsc.org](http://WWW.pcwsc.org)





Please expect a registration confirmation and FAQ sheet to be mailed to you within a week of registering.

Fees: \$45/person  
(due at time of registration)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

\_\_\_\_ Yes, I would like to sponsor a woman to be able to attend this retreat. (pay \$45 extra) If there is a person you have in mind to sponsor, please put their name and contact number below.

Name \_\_\_\_\_ Contact # \_\_\_\_\_

Program Participant agrees to take full responsibility for their safety hold the YMCA of Columbia harmless and free from any and all liability for damages and injuries to themselves. Program Participant further understands that the YMCA of Columbia will not transport them for medical emergencies or attention and is not responsible for the loss or damage of personal belongings. Program Participant gives consent for pictures to be taken at event to be used in program brochures and advertisements without thought of remuneration.

Signature \_\_\_\_\_ Date \_\_\_\_\_

